

S M T W T F S



TeenHelp

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“There is no greater journey than the one that you must take to discover all of the mysteries that lie within you.”

MICHELLE SANDLIN

DECEMBER 2020



		1 NATIONAL DAY OF GIVING	2 WRITE DOWN YOUR MOST IMPORTANT TASKS	3 INTERNATIONAL DAY OF PERSONS WITH DISABILITIES	4 NATIONAL COOKIE DAY	5 INTERNATIONAL VOLUNTEERS DAY
6 TRY SOME YOGA	7 TAKE A PERSONALITY TEST TO FIND OUT YOUR PERSONALITY TYPE	8 ASK FOR FEEDBACK	9 MAKE A LIST OF WHAT MAKES YOU SMILE	10 HUMAN RIGHTS DAY	11 PRACTICE GROUNDING TECHNIQUES	12 CREATE A BUCKET LIST
13 NEWSLETTER RELEASE	14 RANK THE 5 MOST IMPORTANT THINGS IN YOUR LIFE	15 INTERNATIONAL TEA DAY	16 DESCRIBE YOURSELF IN 3 WORDS	17 TRY THE PROUST QUESTIONNAIRE	18 WRITE DOWN WHAT'S HOLDING YOU BACK	19 CREATE AFFIRMATIONS TO ADDRESS WHAT YOU WANT TO EMBRACE IN LIFE
20 GAMES DAY	21 CROSSWORD PUZZLE DAY	22 ASSESS WHAT YOU ARE GRATEFUL FOR	23 ROOTS DAY	24 WRITE DOWN YOUR FAVOURITE WAY TO SPEND THE DAY	25 CHRISTMAS DAY	26 NATIONAL THANK YOU NOTE DAY
27 NEWSLETTER RELEASE	28 TAKE SOME TIME TO MEDITATE	29 TALK TO YOURSELF OUT LOUD OR WHILE LOOKING IN THE MIRROR	30 USE THE FEELING WHEEL TO HELP DESCRIBE HOW YOU'RE FEELING	31 MAKE UP YOUR MIND DAY		